

2021 Juniors O Training Camp

EASTER CARNIVAL

Friday 2 April – Saturday 10 April

All juniors and their families are invited!

**FIRST enter the Easter Carnival, the mid-week events, and the 2020 NSW Championships -
via [Eventor here](#).**

Here's the [carnival website](#).

THIS TRAINING CAMP IS FOR:

- Those just starting,
- Those feeling competitive, and
- Those just wanting to socialise in the great outdoors!!

[Here's what big orienteering carnivals look like](#) – there's something for everyone.

NSW and ACT have combined to organise a series of great training sessions that combine the learnings from Easter races, bundled with lorry loads of practical fun activities (served up with a dash of ~~Thierry~~ theory).

The championship areas are renowned for technical granite terrain, and for many up-and-coming juniors and their families this will be a first time on this sort of map and this region for orienteering. The training camp allows for families to continue to holiday in the region throughout the week whilst being wrapped in the atmosphere of a national event.

The week of fun will be sure to stretch and strengthen your bodies and minds before returning to school for Term 2. We will be joined by juniors from other states and their families.

Convenors/Contacts:

ACT - Toni Brown totoni@inet.net.au 0411 968 001

NSW - Helen O'Callaghan woolfordfamilyhome@gmail.com (Bush 'n' Beach Club, Coffs Harbour)

Please register by emailing Toni or Helen.

A small donation for training sessions may be required to cover training costs.

Coaching support will be provided throughout the week and group social activities on some evenings. The program is a work in progress but there will be plenty of spare time for you and your children to check out the region.

Parents/guardians essentially remain responsible for their children throughout the week unless arrangements are made with another guardian. If you can't stay with your child all week, contact Toni to discuss possible guardian arrangements. Kids who have been attending events and training (FOG, Blue Lightning, Twilight, MTBO, etc) will have priority.

Essentially the camp kids will be encouraged to spend as much time as possible together at the Carnival, to further develop themselves as orienteers and to develop a sense of team camaraderie, social cohesion and to learn from each other.

What a wholesome way to spend your (local) holiday!!

Camp Accommodation: Canobolas Scout Camp

When: April 2-11 – you can stay for part or all of the time.

Cost: camping: \$9.70/Person (unconfirmed but likely be a reduced price for children) Dormitory: \$16.50/Person

What you get: Access to commercial kitchen, on-site training activities, over the road from the lake, fire pit, amenities.

PLACES ARE LIMITED SO FIRM UP YOUR SPOT NOW!

ACCOMODATION BOOKING

Helen O'Callaghan

(Bush 'n' Beach Orienteering Club, Coffs Harbour) woolfordfamilyhome@gmail.com

Dominant terrain types for the regular Orienteer – terminologies, handy hints	Sprint O – key skills/techniques
Contours and Boulders – the theory! And the doing!	Fine navigation in technical terrain (eg gold mining)
Debrief techniques – must know to improve	MTBO v Foot-O - transferability of skills